



Hi {{ contact.FIRSTNAME }} – Maria here again with another twice-monthly newsletter to connect you to information and services that support your personal and academic success as a Camosun student. This week's topic is stress management, which is relevant to many of us at this point in the semester!

The challenges and responsibilities of being a student can sometimes come with stress. Although a certain amount of stress is positive and helps us to be productive, excess stress can have negative consequences on our mental health and wellbeing over time. Here are some Camosun services and resources that can help you, depending on how you are feeling about stress right now:

- ***“I want to know more about stress management to help me recognize and learn about some alternatives.”*** 🔍
 - Camosun's [Student Learning Success Guide on Stress Management](#) lists information, tools and resources to help students recognize and deal with excessive stress.
 - The Counselling Centre has a [stress management strategies](#) page with a collection of techniques for students.
- ***“I already know that exercise helps me manage stress, or I'd like to try out a fitness class.”*** 🏃
 - Camosun's Fitness and Recreation department provides services to help you stay active, which can build resilience and can help minimize stress. Students can [book workout sessions](#), register for [free online fitness classes](#) and [personal training](#).
- ***“I feel that I need help to deal with stress.”*** ❤️
 - In this case, you can book an appointment with a [Camosun Counsellor](#). Same-day and pre-booked appointments are available weekdays between 9 a.m. - 4 p.m.

Quick Tips

Camosun Care Student Hampers

If you identify as a student experiencing distress due to financial or other reasons, you can sign up to receive a [Camosun Cares Hamper](#). Volunteers deliver care hampers each week to Camosun students on Tuesdays. For more information, please feel free to contact cicarehamper@camosun.bc.ca.

Centre for Accessible Learning (CAL)

If you've registered with the CAL and need to request your eligible academic accommodations for midterms, [click here](#) to access side-by-side summary instructions about requesting and communicating academic accommodations and how exams that require academic accommodations will be reported and supported.

Camosun College Student Society

The student society is hosting a variety of virtual events to connect you with other students; [click here](#) to access events hosted by CCSS. One of them, for example, takes place on Facebook, with the lovely music of singer-guitarist Danielle Lebeau Peterson, every Friday at 5 p.m.

Just a quick reminder that you can reach out to other [Services for Students](#) on our webpage.

All the best,
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